



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

SINCE 1991

February 2016

HB CERT HIGHLIGHTS

INSIDE THIS ISSUE

First Aid Corner
Page 1

CERT Mutual Aid
Page 1

CERT Sandbag Team at Work
Page 2

Will El Nino End the Drought
Page 2

Storm Safety Tips
Page 3

Amateur Radio in Remote Radios
Page 3

CERT Holiday Party
Page 3

Flyer for Sandbags
Pages 4—5

Photos from December Holiday Party
Pages 6—10

Weather Spotters Information
Pages 11—13

CERT Mission Statement, Upcoming CERT Events and Activities, CPR Classes, Newsletter Staff
Page 14



CLASS 1

Susan McClaran's First Aid Corner

Since teaching Med Ops, I know that with each class the topic of tourniquets has been brought up. Although used as a last resort, it could be something that we need to know how to do, so I thought it would be nice for us all to refresh our memories. Below is the information from our CERT Manual.

TOURNIQUETS

CERT people are trained to use direct pressure on pressure points and elevation to manage most bleeding. However, if bleeding cannot be stopped using these methods and professionals are delayed in responding, a tourniquet may be a viable option to save a person from bleeding to death. However, a tourniquet is absolutely a last resort when other preferred means have failed to control bleeding in an arm or a leg.

While the use of a tourniquet is extremely rare, it may be useful when part of an extremity is amputated or crushed and bleeding cannot be stopped by any other preferred means.

- A tourniquet is a tight bandage which, when placed around a limb and tightened, cuts off the blood supply to the part of the limb beyond the injury.

- A tourniquet can do harm to the limb, but it can also halt severe blood loss when all other means have failed and professional help will not arrive in time to help stop the bleeding before the person dies.

- Use any long, flat, soft material (bandage, neck tie, belt, or stocking). Do not use materials like rope, wire, or string that can cut into the patient's flesh.

- To tie a tourniquet: Place the tourniquet between the wound and the heart. If the wound is on the wrist, you would tie the tourniquet around the forearm.

- Tie the piece of material around the limb.

- Place a stick, pen, ruler, or other sturdy item against the material and tie a knot around the item, so that the item is knotted against the limb.

- Use the stick or other item as a lever to twist the knot more tightly against the limb, tightening the bandage until the bleeding stops.

- Tie one or both ends of this lever against the limb to secure it and maintain pressure.

- Mark the patient in an obvious way that indicates that a tourniquet was used and include the time it was applied.

- Do not loosen a tourniquet once it has been applied. Only proper medical authorities should remove a tourniquet.

There are many videos on this subject and for those of you that would like to see this procedure in action, below are a couple of links: one from a trauma doctor and the other from a soldier that likes to prepare for "Z" day (stands for Zombie as indicated by the video).

<https://www.youtube.com/watch?v=tOm8JLRWFO>

<https://www.youtube.com/watch?v=sjOStXVvsGU>

CERT Mutual Aid Program

On November 14, 2015 approximately 25 CERT members attended the CERT Responder Course taught by Brevyn Mettler, Emergency Services Coordinator. This course is one of the requirements to become a Community Emergency Response Team Mutual Aid Program (CMAP) volunteer.

Other requirements are:

- Basic CERT training class program
- Live Scan background check
- Complete ICS 100 and IS 700 FEMA training
- Complete American Red Cross Shelter training class
- Have active Adult CPR and first aid certification through either American
- Red Cross or American Heart Association

Jim Hansen, RACES, presented information on ham radios. Class attendees were able to practice sending and receiving messages.

CMAP is part of the local and national Citizen Corps effort to incorporate and utilize volunteers in the community. CMAP volunteers are trained in basic response techniques and mutual aid training to assist member cities in a disaster or major emergency situation.

CERT Sandbag Team at Work

By Kerry Newman

With the last El Nino sandbag callout in the winter of 2005, and a very significant callout in 1998, the CERT team had little recent experience in sandbag deployments. Everyone with sandbag experience was brought together to dust off the previous plans that were developed by Peter Petrelis and Michael Reyes, make any required updates, and test the plan well before the rains started and we needed to be deployed.

Carol Burtis, Judy Ann Morris and Ron Roth shared their considerable knowledge and experience from previous deployments. With the idea to add an option for deployment from home, new processes and procedures were developed.

Sandbag training was made available to all CERT members while a core team refined the processes during lessons learned from a number of practice deployments. Now, with more CERT members trained and with actual hands-on experience in dispatch and deployment, we are much better prepared for a future call out.

With the help of Boy Scouts and Latter Day Saints volunteers, to date we have delivered over 1700 sandbags that weigh 35-40 lbs. each, and that equals over 60,000 lbs. of sand our volunteers picked up and delivered. All our teams did the back-breaking work and represented us well. All Huntington Beach sandbag recipients were very grateful for this wonderful service.

Who Qualifies for Sandbag Delivery

Disabled, frail and elderly residents of Huntington Beach needing sandbags can call the CERT message line at 714-536-5974 to request free sandbag delivery. CERT volunteers will pick up the messages and return the call notifying the residents of the next delivery date. As of now, sandbags are delivered on Thursdays and Saturdays.

Residents use sandbags to protect a sliding glass door or entry door. Some want sand bags down the side of a house to divert flow of water. Other Huntington Beach residents want them stacked so they can be moved at a later date or, because if we sandbagged a doorway, it would not allow them to open a door.

The largest request is to protect and divert runoff to sliding glass doors and/or entry doors and, if there are any sandbags left over, we place them to use as they see fit during a storm.

When sandbags are delivered, residents must sign a waiver-of-liability and also acknowledge that CERT does not pick up sandbags after use.

Will El Nino End California's Drought?

By Anna Pinter

Rain and snow have deluged parts of California in January and officials are beginning to see rays of hope. Residents are asking questions as to whether the state

will soon recover from the worst drought in recorded history. The answer is, to this date recovery is uncertain. Even though the rains have made some improvement in the state's reservoirs and the snow pack in the Sierra Nevada is now over the average for this time of the year, after a 500 year low last year, the end to the drought is unlikely.

The National Oceanic and Atmospheric Association (NOAA) and the California Department of Water Resources will be watching for signs of improvement. A true end to the drought will happen when several factors align as four more months of storms are needed. Most of the rain hitting Southern California will not fill reservoirs. It may help fill some aquifers, but much of the rainfall flows into the sea. It is the moisture that falls in the mountains that is important for water supplies. The storms must fall in the right place, over the Sierra Mountains. The storms cannot bypass Northern California or be shunted to the north. So far this year a persistent "ridge" of high pressure has not blocked storms from hitting California, as was the cause, in the last few years.

The forecasters are hopeful, but cannot predict long term rain through March 2016. Also, it is not only the amount of rainfall, but the location where the rain falls in the mountains, because the temperature must be below freezing. When temperatures are higher in the mountains the snowpack is smaller and there is less water to fill California's reservoirs. Cold temperatures produce snow.

True recovery takes time. Even if the reservoirs fill up, the drought and its effects will linger. The state of California's tapped groundwater aquifers have to refill. In some areas groundwater levels are down by as much as 100 feet. Experts say recovery will take years. There are other effects caused by the drought. The state is losing a million trees due to dryness and the bark beetle invasion. The loss of trees due to dryness is driving up wildfire risks.

Urban areas have seen reduced deliveries of water. Mandatory conservation has been imposed in 2015 by state and city government. Many farmland communities did not have water and had to be supplemented for their daily water needs. Surface water deliveries for farms were reduced by 8.7 million acre-feet in 2015. Mudslides and debris flows can be triggered especially in areas affected by recent wildfires. The flows have potential impacts on water supply sources. Residents living in drought areas experience many problems. Damages caused by dry conditions will take more than one year of snowpack to end the four year drought.

Californians have reduced their water usage in 2015. It is likely there will be a state mandate extended into the year 2016. To learn about all the actions the state has taken to manage our water systems during the drought visit: www.drought.ca.gov.

Every Californian needs to continue saving water.

www.saveourwater.com

www.saveourwaterrebates.com/

Storm Safety Tips (from Southern California Edison)

It is not uncommon for high winds and stormy conditions to damage power lines. If you see a downed wire:

- Do not approach or touch the wire, or anyone or anything in contact with it.
- Do not touch or step in water near a downed wire, as it can be electrified.
- Call 911. Inform the operator that it's an electrical emergency.
- Always assume all wires are energized.

Visit SCE at www.sce.com/safety for more safety tips. Stay aware. Stay safe.

Amateur (Ham) Radio in Remote Areas

By Raji Shunmugavel

Summarized from ARRL Magazine

As a CERT Communicator, I know that ham radio can provide reliable communications in remote places. In my native country of Southern India, amateur radio was used last fall to help gather local election results from an isolated community in Kerala State in extreme southwestern India. Edamalakkudy, the most remote polling station lacks telecommunications and electrical power. A group that included 20 hams as well as polling officers, policemen forest guards and watchers walked several miles to the colonies involved. Information from 13 polling stations was transmitted via a repeater to a collection point.

It's not the first time amateur radio was used to help obtain poll results. Ham radio carried news from the region when members of a reclusive tribal community voted for the first time in 2010.

The New Indian Express reported ham radio was also used when wild elephants attacked election officials trapped in dense forest. The article also briefly noted amateur radio's disaster response role.

Ham radio is available when other forms of communication are not. CERT communicators' skills will be always useful anywhere!

CERT Holiday Party

By Virginia Petrelis

Approximately 40 people celebrated the holidays at our annual CERT party held December 12 at the Rodgers Seniors' Center. Everyone enjoyed the delicious pot luck dinner, wonderful desserts and refreshing punch. There were a lot of laughs during the gift exchange and stealing of the gifts. It's always fun to get together with other CERT members outside of our volunteer activities. See pages 6 through 10 for pictures.



SANDBAGS

FREE

To Huntington Beach & Sunset Beach Residents

Identification Required – Please Bring ID/Driver License & Current Utility Bill.

**City of Huntington Beach Corporate Yard
17371 Gothard Street (See Map On Reverse)
West Side of Gothard Street, Between Warner & Slater Avenues
7:30 AM - 4:00 PM Monday-Friday
(714) 960-8861**

***The Corporate Yard is closed weekends and major holidays.
Hours may be extended during extreme weather conditions.***

-  Bags are for residents only – no businesses, please.
-  There is a limit of 20 bags per residence.
-  The City provides the sand and sandbags. Bring a shovel and be prepared to fill your own sandbags.
-  City staff cannot fill bags or place bags in private vehicles.
-  Resident is responsible for lawfully disposing of sand and sandbags after use.
-  Elderly and disabled residents may call the HB Fire Department CERT Message Line at (714) 536-5974 to arrange for free sandbag delivery. Resident must sign a waiver of liability when sandbags are delivered.
-  For information on flood preparedness, call the HB Fire Department Emergency Management & Homeland Security Office at (714) 374-1565.





CERT DECEMBER 12, 2015 HOLIDAY PARTY



CERT DECEMBER 12, 2015 HOLIDAY PARTY



CERT DECEMBER 12, 2015 HOLIDAY PARTY



CERT DECEMBER 12, 2015 HOLIDAY PARTY



CERT DECEMBER 12, 2015 HOLIDAY PARTY



Are you ready to become an official weather spotter?

Open to residents of Orange, San Diego, southwestern San Bernardino and western Riverside Counties. Complete the required training in-person or online.

Skywarn Weather Spotter training online:

If you can not attend a spotter training class in person this is the best method to sign up!

<http://www.wrh.noaa.gov/sqz/spotter/spotter-intro.php?wfo=sgx>

At your pace review the 1 hour training presentation, take the test and sign up by completing the information to be used by NWS officials only.

Skywarn Weather Spotter Training residence:

- 1) Attend a spotter training introduction presentation in various locations in our region. This training will cover the details about being a weather spotter and the local hazards in Southern California. The residence training is encouraged for all new spotters and for current weather spotters as a refresher.
- 2) After the course you will still have take the short exam and sign up with your information at the above link. We will then assign you an official weather spotter identification number.

Advanced Skywarn Weather Training

Attend advanced residence training at various locations and dates TBD. Also, you may join amateur radio weather nets, or the national spotter network
<http://www.spotternetwork.org/>

Contact Information

How to become a Skywarn Spotter:

<http://www.wrh.noaa.gov/sqz/spotter/skywarn-intro.php?wfo=sgx>

National Weather Service Skywarn contact information for all of California:

<http://www.stormready.noaa.gov/stormmars/ca-owa.htm>

Southwest Skywarn website and Facebook: (Covers a four county areas):

<http://www.swskywarn.org/>

<https://www.facebook.com/swskywarn>

Riverside County and San Bernardino County Skywarn Facebook website:

<https://www.facebook.com/SanBernardinoCountySkywarn>

<https://www.facebook.com/RivCoSkywarn>

San Diego County Skywarn Facebook page:

<https://www.facebook.com/SanDiegoCountySkywarn>

Orange County Skywarn website and Facebook:

<http://www.ocskywarn.org/>

<https://www.facebook.com/QCSkywarn>

Southwest Skywarn Yahoo Group:

http://groups.yahoo.com/group/SW_SKYWARN/

For additional information, you are encouraged to contact the coordinator for your area from the contact information listing at:

<http://www.swskywarn.org/Contacts.htm>

More training:

https://www.meted.ucar.edu/training_course.php?id=23

Become a Skywarn weather spotter for the National Weather Service



<http://swskywarn.org>

Weather Spotters: What and When to Report

Two ways to report: By PHONE or ONLINE (version 2015)

1. Spotter phone number: **1-800-240-3022**. We are here 24/7/365

2. Online from our homepage (weather.gov/sandiego - click on **“Spotter Report”**) or from SKYWARN page <http://swskywarn.org/>

<http://www.srh.noaa.gov/StormReport/SubmitReport.php?site=sgx> (use this form)

Flooding <ul style="list-style-type: none">• Rainfall: How much rain in a given time (e.g., 1 inch in 20 minutes). <i>Rainfall rates (e.g, 4 inches per hour) should not be reported</i>• <i>Flooding: urban streets, ponding of water in low lying areas or poor drainage</i>• <i>Flash Flooding (swift moving and greater than 6 inches)</i>. Report flooding that is threatening life or property or disrupting traffic.
Winter Weather <ul style="list-style-type: none">• Snowfall amount (new,duration, total). Snow depth and total to the nearest INCH• Elevation of snow level, heavy snow and blizzard conditions• Icy roads, road closures, chain control, unusually low temperatures and wind chills
Wind <ul style="list-style-type: none">• Gust of > 40 mph, and all wind related damage (e.g., trees or power poles down)
Extreme Heat <ul style="list-style-type: none">• >95 F near the coast, >105 F in the inland valleys, >115 F in the deserts
Fog <ul style="list-style-type: none">• Dense fog with visibility is at or near zero (report in feet or miles or impacts)
Thunderstorms <ul style="list-style-type: none">• Hail size (for larger hail compare to coins or measure) and accumulation, wind gusts, lightning strikes causing fire, any damage
Tornadoes <ul style="list-style-type: none">• Funnel clouds, waterspouts or any rotating cloud, in contact with ground (tornado) and confirmed injuries or damage
Surf and Coastal Impacts <ul style="list-style-type: none">• Surf 6 feet or higher, any flooding by combination of high tides and/or high surf• Strong rip currents• Tidal overflow and flooding or tsunami impacts such as strong currents

Visit Southwest California Skywarn on Facebook! <http://www.facebook.com/swskywarn>

PHOTOS: Send to alexander.tardv@noaa.gov or nwssgxphotos@gmail.com

Facebook: [http:// www.facebook.com/NWSSanDiego](http://www.facebook.com/NWSSanDiego)

Twitter: [@NWSSanDiego](https://twitter.com/NWSSanDiego) #cawx #wxreport #social

YouTube: <http://www.youtube.com/NWSSanDiego>

Field Guide to Observing Weather

Estimating Winds

- 15-20 mph: Raises dust and loose paper; small branches moved
- 20-25 mph: Small trees begin to sway; whitecaps on water
- 25-30 mph: Large branches in motion; whistling in wires
- 30-40 mph: Whole trees in motion; difficulty walking against the wind
- 40-45 mph: Breaks twigs of trees; impedes progress
- 45-55 mph: Breaks small tree branches; slight structural damage possible
- 55-65 mph: Breaks large tree branches; pushes over shallow rooted trees; considerable structural damage to chimneys, TV antennas (**Severe Thunderstorm winds are defined as 58 mph or higher**)
- 65-75 mph: Widespread damage
- > 75 mph: Severe damage and destruction

Hail Size (measure hail size or compare to coins)

- 1/4 inch = Pea size
- 1/2 inch = Marble size (do not report as marble size)
- 3/4 inch = Penny size
- 1 inch = Quarter size (Severe Thunderstorms are issued for 1 inch hail or higher)**
- 1 3/4 inch = Golf ball size
- 2 3/4 inch = Baseball size

Definitions

Tornado or Landspout

A violently rotating column of air extending from a thunderstorm and in contact with the ground

Funnel Cloud or Wall Cloud

A rotating, funnel-shaped or low cloud base, extending from a thunderstorm base *not* in contact with the ground

Waterspout

A small, relatively weak rotating column of air in contact with the ocean or other large body of water

Downburst or Microburst

A strong downdraft from a thunderstorm, with an outrush of strong wind on or near the ground

SAFETY FIRST! Do not endanger yourself or others

Thank you for being a weather spotter! Your reports may be used in NWS Advisories or Warnings! The information you provide will be used for storm verification and improve future forecasts and warnings.

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

- CERT General Membership Meeting, 6:30 PM
February 11, 2016 in B8

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, February 13, 10:00 am – 1:00 pm
- Wednesday, February 24, 6:00pm—9:00pm
- Saturday, March 12, 10:00 am – 1:00 pm
- Wednesday, March 23, 6:00pm—9:00pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

HB CERT Newsletter Staff

Virginia Petrelis (Editor), Peter Petrelis (Publisher), Anna Pinter, Cynthia Goebel, Art Weiland, Carol Nehls, Bob Zamalin, Rajarajeswari (Raji) Shunmugavel, Brenda Welch

HAPPY NEW YEAR FROM STEPHANIE AND THE CERT NEWSLETTER STAFF



IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert CERT Contact: CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)